

OWNER'S MANUAL  
Model No. GR10ABW

# GEORGE FOREMAN™

LEAN  
MEAN  
FAT REDUCING  
GRILLING  
MACHINE!



**salton.**

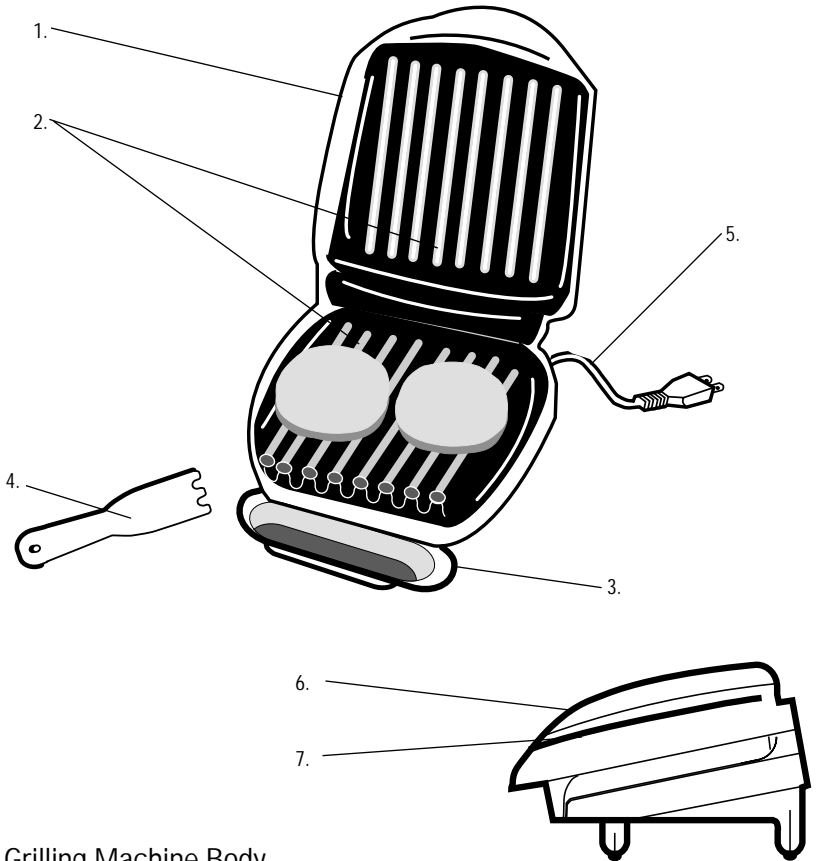
# Important Safeguards

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. Read all instructions.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against fire, electric shock and injury to persons, do not immerse cord, plugs, or cooking unit in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning the appliance.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been damaged in any manner. Contact consumer service for return authorization.
7. The use of accessory attachments not recommended by the appliance manufacturer may result in fire, electric shock, or injury to persons.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. To disconnect, grasp plug and remove from wall outlet.
12. Do not use appliance for other than intended use.
13. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.

**SAVE THESE INSTRUCTIONS**  
**THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY**

# Getting To Know Your GR10ABW Grilling Machine



1. Grilling Machine Body
2. Grilling Machine Grilling Plates
3. Drip Tray (P/N 20148 - White; P/N 20164 - Black)
4. Plastic Spatula (P/N 20147)
5. Cord
6. Bun Warmer Cover (P/N 21124)
7. Lid Latch (P/N 20793)

# Additional Important Safeguards

1. *CAUTION: This appliance generates heat and escaping steam during use. Proper precautions must be taken to prevent the risk of burns, fires or other damage to persons or property.*
2. All users of this appliance must read and understand this Owner's Manual before operating or cleaning this appliance.
3. The cord to this appliance should be plugged into a 110V/120V AC electrical outlet only.
4. When using this appliance, provide adequate air space above and on all sides for air circulation. Do not allow this appliance to touch curtains, wall coverings, clothing, dish towels or other flammable materials during use.
5. Do not leave this appliance unattended during use.
6. This appliance generates steam—do not operate in open position.
7. If this appliance begins to malfunction during use, immediately unplug cord from outlet. Do not use or attempt to repair the malfunctioning appliance.

## Polarized Plug

This appliance has a polarized plug (one blade is wider than the other): To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

## Short Cord Instructions

A short power-supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord. Longer detachable power-supply cords or extension cords are available and may be used if care is exercised in their use.

If a longer detachable power-supply cord or extension cord is used, (1) the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and (2) the longer cord should be arranged so that it will not drape over the counter top or table top where it can be pulled on by children or tripped over unintentionally.

**CAUTION:** To prevent Plasticizers to migrate from the finish of the counter top or table top or other furniture, place NON-PLASTIC coasters or placemats between the appliance and the finish of the counter top or table top.

Failure to do so may cause the finish to darken, permanent blemishes may occur or stains can appear.

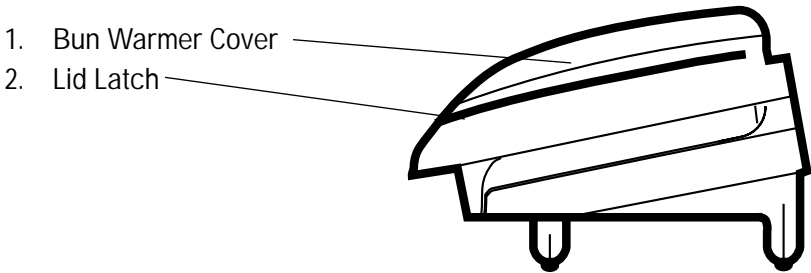
# How To Use the George Foreman Lean Mean Fat Reducing Grilling Machine

1. Before using the Grilling Machine for the first time, wipe the Grilling Plates with a damp cloth to remove all dust.
2. To preheat: Close the Lid and plug cord into a 120V AC outlet. Allow Grilling Machine to preheat for 3-5 minutes.
3. Use a "pot holder" to carefully open the Lid.
4. Slide the grease catching Drip Tray under the front of the unit.
5. Carefully place the items to be cooked on the bottom cooking plate.
6. Close the Lid and allow the food to cook for the desired time. (Consult the Recipe Section at the back of this book for some suggestions.) *Do not leave appliance unattended during use!*
7. After the desired amount of time, the food should be done.
8. Use a "pot holder" to carefully open the Lid.
9. Remove the food using the Plastic Spatula provided. Be sure to always use either plastic or wooden utensils so as not to scratch the non-stick surface. Never use metal tongs, forks or knives as these can damage the coating on the cooking plates.
10. Disconnect the plug from the wall outlet and allow to cool.
11. When cool, the Drip Tray may be removed and emptied. Be sure the liquid is cooled before removing Drip Tray.

# Using the Bun Warmer

Model GR10ABW comes equipped with a Bun Warmer. You can use this feature to warm various kinds of bread products (hamburger buns, breakfast biscuits, English muffins, tortillas, pita bread, sliced bagels, and mini croissants). For example, if you are cooking hamburgers, you can place your hamburger buns inside the Bun Warmer to warm them while you cook the hamburgers! **REMEMBER: The Bun Warmer should be used to warm bread products only. It will not cook or grill any item. It is not intended for defrosting.** The Bun Warmer cannot hold very thick bread products. If a bread product is too thick, you may have to cut it (butterfly) to fit.

To use the Bun Warmer:



1. Lift up the Lid Latch (where it says "LIFT TO OPEN").
2. Place the bread product inside the Bun Warmer.
3. When bread is in place, close the Lid by lifting up on the Latch, lowering the Lid, and latching it into place. **NEVER FORCE THE LID CLOSED. Press gently to close Lid.**
4. Allow 2-3 minutes after the machine has warmed up to complete heating. If you are placing bread products in the Bun Warmer that have been refrigerated, they will take longer to warm up.

***CAUTION: The Bun Warmer does not have a separate operation switch. If you want to warm some bread, but do not want to cook anything on the grill, please be aware that the grill will be on and will become very hot.***

***WARNING: Do not keep cooked food (such as meat, vegetables, potatoes, etc.) warm in the Bun Warmer!***

***THE BUN WARMER IS FOR BREAD PRODUCTS ONLY!***

# Suggested Cooking Chart

	Rare (140°F)	Medium (150°F)	Well (165°F)
Salmon Filet	2½ min.	3 min.	4½ min.
Salmon Steak	4 min.	6 min.	10 min.
Sword Fish	7 min.	9 min.	10 min.
Tuna Steak	6 min.	8 min.	10 min.
White Fish	4 min.	5½ min.	7 min.
Shrimp	1½ min.	2½ min.	3½ min.
4 oz. Turkey Burgers	2 min.	4 min.	5 min.
8 oz. Turkey Burgers	3½ min.	4½ min.	6 min.
Pork Loin	4 min.	5 min.	6 min.
4 oz. Burgers	7 min.	8 min.	9 min.
8 oz. burgers	8 min.	9 min.	10 min.
Chicken Breast (boneless/skinless)	5 min.	7 min.	9 min.
4 oz. Frozen Turkey Burgers	4 min.	5 min.	6 min.
8 oz. Frozen Turkey Burgers	7 min.	9 min.	11 min.
Link sausage	3 min.	4 min.	5 min.
Sliced Sausage (¾" thick)	5 min.	6 min.	7 min.
Fajita Beef (½" thick slices)	1½ min.	2 min.	2½ min.
T-Bone	8 min.	9 min.	10 min.
NY Strip	4 min.	7 min.	10 min.
Flank Steak	7 min.	8 min.	10 min.
Onions and Peppers (brush with olive oil)		8½ min.	

NOTE: Most meats were 1" thick. Poultry was cooked to 165°, well-done. These are recommended guidelines only. Personal taste and thickness of cut may vary cooking times. Always check for doneness and always use fresh, refrigerated foods.

PLEASE NOTE: The USDA recommends that meats such as beef, pork, lamb, etc. should be cooked to an internal temperature of 160°F and poultry products should be cooked to an internal temperature of 170°F - 180°F to be sure any harmful bacteria, Listeria and Ecoli, has been killed. When reheating meat/poultry products, they should also be cooked to an internal temperature of 165°F.

# User Maintenance Instructions

*CAUTION: To avoid accidental burns, allow your Grilling Machine to cool thoroughly before cleaning.*

1. Before cleaning, unplug the Grilling Machine from the wall outlet and allow to cool.
2. *Inside cleaning:* Place the Drip Tray under the front of the Grilling Machine. Using the specially designed spatula, scrape off any excess fat and food particles. Wipe the plates with absorbent paper towel or a sponge. Run off will drip into the Drip Tray.
3. *Stubborn build-up:* Use a wet sponge to wipe the plates while the Grilling Machine is still somewhat warm.
4. Empty the Drip Tray and clean with warm soapy water. Wipe dry.
5. *Outside cleaning:* Wipe with a warm, wet sponge and dry with a soft, dry cloth.
6. Do not use steel wool, scouring pads, or abrasive cleaners on any part of the Grilling Machine.
7. Do not immerse in water or other liquid.
8. To clean the Bun Warmer surface, simply wipe with a clean, damp cloth or sponge. Do not use harsh or abrasive cleaners!



# Recipes

*NOTE:* For all recipes, please remember to place Drip Tray in front of the Grilling Machine to catch drippings from the cooking process.

## The Champ's Sausage Without Guilt

You can start your day with a sizzling sausage patty that not only tastes good, but is also good for you. This moist, flavorful sausage, served with a country-style biscuit, makes the complete breakfast. Choose ground turkey breast, which is lower in fat than ground turkey containing dark meat and skin. Turkey, especially the light meat, is a good source of niacin, which is an important B vitamin needed to maintain a healthy nervous system.

1 slightly beaten egg white  
1/3 cup finely chopped onion  
1/4 cup finely snipped dried apples or  
1/2 cup finely chopped fresh red Delicious apple  
1/4 cup seasoned bread crumbs  
2 Tbsp. snipped fresh parsley  
1/2 tsp. sea salt  
1/2 tsp. ground sage  
1/4 tsp. ground nutmeg  
1/4 tsp. black pepper  
1/8 tsp. cayenne pepper  
1/2 lb. lean ground turkey breast

- In a medium size mixing bowl, combine the egg white, onion, dried or fresh apples, bread crumbs, parsley, salt, sage, nutmeg, black pepper, and cayenne pepper. Add the ground turkey and mix well.
- Shape the mixture into eight or nine 2-inch wide patties.
- Preheat the Grilling Machine and place the patties on the grill two at a time. Close the Lid. Cook for 5 minutes or until the meat is no longer pink and the juices run clear, turning once or twice.
- Yield: 8 - 9 patties

This recipe is from "The Healthy Gourmet" (Clarkson Potter) by Cherie Calbom.

## George's Sausage Texas Style

A spicy sausage with true Southwestern zip! These breakfast sausages are great served with a sautéed vegetable or fresh salsa and egg scramble. Buy 90% lean ground beef for the least-fat sausage. Ninety percent lean beef has 9 grams of fat with 4 of those grams being saturated fat; whereas 73% lean beef has 18 grams of fat with 7 of the grams being saturated.

1 slightly beaten egg white  
1/3 cup finely chopped onion  
1/4 cup seasoned bread crumbs  
1/4 cup diced green chili peppers  
1 clove (large) garlic, finely minced  
2 Tbsp. snipped fresh cilantro  
1 Tbsp. apple cider vinegar  
1-1/2 tsp. chili powder  
1/4 tsp. sea salt  
1/8 tsp. cayenne pepper  
1/2 lb. lean ground beef

- In a medium-size mixing bowl, combine the egg white, onion, bread crumbs, green chili peppers, garlic, cilantro, vinegar, chili powder, salt and cayenne pepper. Add the ground beef and mix well.
- Shape the mixture into eight 3-inch wide patties.
- Preheat the Grilling Machine for 3 - 5 minutes and place the patties on the grill two at a time.
- Close the Lid and cook for 5 minutes or until the meat is no longer pink and the juices run clear, turning once or twice.
- Yield: 8 patties

This recipe is from "The Healthy Gourmet" (Clarkson Potter) by Cherie Calbom.

## George Foreman's PowerBurger

A flavorful hamburger that we think tastes even better than its all-meat cousin! It pays to eat meals that minimize meat. To reduce saturated fat in a typical burger, you can cut back on the amount of meat and make up for it with plant-based ingredients. Bread crumbs and chopped vegetables have been added in this recipe. You could also try cooked rice, other grains or cereal. In addition, choose whole wheat buns; they typically contain one less fat gram than regular or even reduced-calorie buns.

If you settle for nothing less than a cheeseburger, Swiss cheese is 1 gram lower in fat than Cheddar, American or Monterey Jack with 8 grams of fat versus 9 in each ounce of cheese. However, reduced fat cheeses like Cheddar or Swiss contain half the fat with 4 grams per ounce. Mustard contains 1 gram of fat per tablespoon versus a whopping 11 grams of fat in a tablespoon of mayonnaise.

Top your burger in healthful style with dark, leafy green lettuce, shredded cabbage, fresh cilantro, basil or spinach.

1/4 cup chopped vegetables such as yellow onions,  
green onions, zucchini, parsley (can be sautéed)  
1/4 cup seasoned bread crumbs  
3/4 lb. lean ground beef

- In a medium-size mixing bowl, combine the vegetables and bread crumbs. Add the ground beef and mix well.
- Shape the mixture into four 4-inch wide patties.
- Preheat the Grilling Machine for 3 - 5 minutes and place the patties on the grill two at a time.
- Close the Lid and cook for 5 - 6 minutes or until the meat is no longer pink and the juices run clear, turning once.
- Yield: Serves 4

This recipe is from "The Healthy Gourmet" (Clarkson Potter) by Cherie Calbom.

## Grilled Vegetables

6 slices eggplant, 1/2" thick (or use 2 baby eggplants)  
2 small onions, sliced 1/2" thick  
2 small tomatoes, diced  
2 small zucchini, sliced  
4 large cloves of garlic, peeled and sliced  
4-6 mushrooms, sliced  
1 tsp. olive oil (optional)

- Preheat the Grilling Machine for 3 - 5 minutes. At this time, also spread on olive oil if desired.
- Add the sliced eggplant and garlic, close the Lid and cook 3 minutes.
- Add the slices of onion, zucchini, and mushrooms. Cover and cook 3 - 5 minutes.
- Remove the eggplant and zucchini and mushroom slices to a plate.
- Add tomatoes to the onion and garlic. Cover and cook for one minute.
- Remove and serve over the eggplant, zucchini, and mushrooms.
- Yield: Serves 2 - 4

Serve as an accompaniment to meat and pasta. Or stuff them into a piece of pita or french bread for a grilled vegetable sandwich.

## Rosemary Lamb Chops

4 lamb chops, shoulder or loin  
2 tsp. fresh chopped rosemary (or 1/2 tsp. dried)  
ground black pepper to taste

- Coat chops with rosemary and pepper.
- Preheat the Grilling Machine for 3 - 5 minutes.
- Close Lid and cook for 5 minutes for medium (a hint of pink in the middle) and 7 minutes for well done.
- Serve immediately
- Yield: Serves 4

## Mustard Lemon Chicken Breasts

2 Tbsp. mustard  
2 Tbsp. balsamic vinegar  
3 Tbsp. lemon juice  
2 cloves garlic, minced  
1 tsp. paprika  
4 6 oz. chicken breasts halved with the skin taken off

- Preheat the Grilling Machine for 3 - 5 minutes.
- Mix first 5 ingredients.
- Add chicken breast and let it marinate for at least 1/2 hour in the refrigerator.
- Place marinated chicken on Grilling Machine and close Lid. Let cook for 3-1/2 minutes.
- Remove and serve.
- Yield: Serves 4

## Sole with Tomatoes

2 tsp. olive oil or red wine (optional)  
2 small onions, diced  
2 cloves garlic, minced  
2 small tomatoes, chopped  
2 Tbsp. fresh basil or 1/2 tsp. dried, chopped  
1 Tbsp. fresh parsley, chopped  
1 Tbsp. ground pepper  
1 Tbsp. lemon juice  
1 lb. fillet of sole (or any white fish fillet)

- Preheat the Grilling Machine for 3 - 5 minutes.
- Sauté the onion and garlic in oil or wine for 2 minutes, stirring occasionally.
- Add the tomato, half of the herbs and a few grinds of pepper. Lay the fish on top, add the lemon juice and remaining herbs.
- Cover and let cook for 2-3 minutes.
- Lift the fish and the vegetables onto a plate. If any juices have dripped into the Drip Tray, use as a sauce to pour on top of the fillet.
- Serve with fresh bread or rice.

## Strip Steak Polynesian

4 Tbsp. soy sauce  
2 cloves garlic, minced  
2 tsp. honey  
4 - 6 oz. strip steaks

- Combine first 3 ingredients.
- Marinate the strip steak in the mixture for approximately one hour in the refrigerator.
- Preheat the Grilling Machine for 3 - 5 minutes.
- Place the marinated strip steak onto the preheated grill. Close the Lid.
- Grill for 3 minutes, open grill, add the rest of the marinade sauce to the top of the steaks. Close the Lid.
- Grill for 1 minute, open grill and serve on a bed of rice.
- Yield: Serves 4

## Burritos

2 small onions, chopped  
4 cloves garlic, minced  
4 cups ground meat, shredded beef, or chicken cubed  
2-1/2 cups canned red chili sauce  
2 tsp. salt  
1 tsp. cinnamon & cumin

- Preheat the Grilling Machine for 3 - 5 minutes.
- Add onions and garlic, close the Lid, and sauté for 1 minute.
- Add meat/chicken, close the Lid and cook for 3 minutes or until cooked through.
- Add red chili sauce and seasoning until mixed through and hot.
- Remove from grill.
- Yield: Makes 8 burritos

Roll into warmed flour tortilla and top with your choice of guacamole, sour cream, shredded Jack cheese.

# Additional Tips

Hot Dogs are quick and easy:

- Preheat the Grilling Machine for 3 - 5 minutes.
- Add hot dogs lengthwise to the grill. Close the Lid and cook for 2-1/2 minutes or until desired brownness is achieved.

Self browning hash brown potato patties are also easily prepared.

- Preheat the Grilling Machine for 3 - 5 minutes.
- Add hash browns on the Grill surface, close the Lid and cook for approximately half the time stated on the package for oven preparation.

Fresh peppers can be grilled for 2-3 minutes for skinning purposes.

Also, great for grilled cheese sandwiches.

# ONE-YEAR LIMITED WARRANTY

This Salton, Inc. product warranty extends to the original consumer purchaser of the product.

**Warranty Duration:** This product is warranted to the original consumer purchaser for a period of one (1) year from the original purchase date.

**Warranty Coverage:** This product is warranted against defective materials or workmanship. This warranty is void if the product has been damaged by accident, in shipment, unreasonable use, misuse, neglect, improper service, commercial use, repairs by unauthorized personnel or other causes not arising out of defects in materials or workmanship. This warranty is effective only if the product is purchased and operated in the USA and Canada, and does not extend to any units which have been used in violation of written instructions furnished by Salton, Inc., or to units which have been altered or modified or to damage to products or parts thereof which have had the serial number removed, altered, defaced or rendered illegible.

**Warranty Disclaimers:** This warranty is in lieu of all warranties expressed or implied and no representative or person is authorized to assume for Salton, Inc. any other liability in connection with the sale of our products. There shall be no claims for defects or failure of performance or product failure under any theory of tort, contract or commercial law including, but not limited to, negligence, gross negligence, strict liability, breach of warranty and breach of contract.

Salton, Inc. is not responsible or liable for indirect, special or consequential damages arising out of or in connections with the use or performance of the product or other damages with respect to loss of property, or loss of revenues or profit.

**Warranty Performance:** During the above one-year warranty period, a product with a defect will be either repaired or replaced with a reconditioned comparable model (at Salton, Inc.'s option) when the product is returned to the Salton, Inc. facility. The repaired or replacement product will be in warranty for the balance of the one-year warranty period and an additional one-month period. No charge will be made for such repair or replacement.

## Service and Repair

If service is required, you should first call toll-free 1-800-233-9054 between the hours of 8:00 am and 5:00 pm Central Standard Time and ask for CONSUMER SERVICE. Please refer to model GR10ABW when you call.

**In-Warranty Service (USA)** for an appliance covered under the warranty period, no charge is made for service or postage. Contact Consumer Service for return authorization.

**In-Warranty Service (Canada)** for an appliance covered under the warranty period, no charge is made for service or postage. Please return the product insured, packaged with sufficient protection, and postage and insurance prepaid to the address listed below. Customs duty/brokerage fee, if any, must be paid by the consumer.

**Out-of-Warranty Service:** A flat rate charge by model is made for out-of-warranty service. Include \$10.00 (U.S.) for return shipping and handling.

Salton, Inc. cannot assume responsibility for loss or damage during incoming shipment. For your protection, carefully package the product for shipment and insure it with the carrier. Be sure to enclose the following items with your appliance: any accessories related to your problem; your full return address and daytime phone number; a note describing the problem you experienced; a copy of your sales receipt or other proof of purchase to determine warranty status. C.O.D. shipments cannot be accepted.

Return the appliance to:

ATTN: Repair Department, Salton, Inc.  
708 South Missouri St. Macon, MO 63552

For more information on Salton/MAXIM products:

visit our website: <http://www.salton-maxim.com>, or you can email us at: [salton@saltonusa.com](mailto:salton@saltonusa.com)

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